

MAY 2013 CLASS SCHEDULE

(Tel: [67470069](tel:67470069), 62943588)

9 MAY Thur 2 pm \$55 MRS LIM	<u>四川招牌菜</u> 香煎锅贴 四川酸辣汤 四川酸辣鸡丁面	<u>Sze Chuan Popular Dishes</u> Fried Guo Tie Sze Chuan Hot & Sour Soup Sze Chuan Spicy & Chicken Noodles
10 MAY Fri 2 pm \$130 PS:学过粥 I 学员\$105 ANNA	<u>(煲) 靓粥的秘诀 II</u> 地鱼干贝粥底 腐皮粥底 状元及第粥: (猪肚, 猪肝, 粉肠, 肉丸.) 蚝鼓咸蛋粥. 艇仔粥 (鱿鱼, 鱼, 花生, 猪皮等). 排骨菜干粥.	<u>The Secret to Delicious Congee II</u> Sole Fish Scallop Base Congee Bean Curd Sheet Base Congee Imperial Congee (Pork Stomach, Liver, Intestines, Meatball-Making) Oyster Salted Egg Congee The Boat Congee (Squid, Fish, Peanut, Pork, etc.) Spare Ribs Pickled Vegetable Congee
11 MAY Sat 2 pm \$75 MRS CHEE	<u>榴莲蛋糕经典:</u> 榴莲千层蛋糕 榴莲慕斯蛋糕 榴莲牛油蛋糕.	<u>Classic Durian Cake Series</u> Durian Lapis Cake Durian Mousse Cake Durian Butter Cake
13 MAY Mon 2 pm / 7 pm \$60 ANNA P.S: 已买调理机 学生,学费 :\$30 P.S: Students with purchase of Juice Blender, class fees: \$30	<u>健康三通 (早晨第一杯黄金水)</u> 气通,肠通,血脉通 好处: 减重,肌肤有弹性,精神好, 有活力 净血果汁 排宿便蔬果汁 日式四色蔬菜汤 (帮助减肥, 痰风, 降低血糖, 血压, 皮肤发炎, 便秘) 气通蜂蜜米浆	<u>Triple Detox Series</u> Good Energy flow + Digestion + Blood Circulation Benefits: helps to weight Loss, Supple Skin, Good Mental Concentration, More Energy Blood Detox Juice Cleansing Vegetable Fruit Juice Japanese 4-colour Vegetable Soup Honey Brown Rice Beverage

18 MAY Sat 2 pm \$85 MRS CHEE	<u>港式开花包</u> 香港叉烧包（开花） 鸡肉开花包 千层莲蓉包 菜包 扣肉包 烤叉烧	<u>Hong Kong Flower Pau Series</u> Char Siew Pau (top open shape) Chicken Pau Lotus Paste Pau Vegetable Pau Stewed Pork Bun Roast Pork
21 MAY Tue 2pm \$65 MRS CHEE	<u>人气娘惹粿</u> 九层粿（新加坡式） 檳城粿各芝 牛油烘木薯粿 烤鸡肉糯米饭	<u>Nonya Kueh Series</u> Steam Nine Layer Kueh Penang Kueh Ko Chee Kueh Ubi Bing Kar Chicken Lemper Glutinous Rice
22 MAY Wed 2 pm \$60 MRS LIM	<u>风味餐馆菜</u> 干香砂锅花雕鸡 香炸辣味排骨王 咸蛋炸豆腐	<u>Flavor Restaurant</u> Stir Fired Claypot Hua Tiew Chicken Hot & Spicy Ribs Fried Beancurd With Salted Egg Yolks
28 MAY Tue 2pm/7pm \$60 ANNA 养生课	<u>健康养生餐</u> 台南碗糕 港式芒果冰砂 榴槤冰砂 超好吃 QQ 燕麦糕 (帮助血压,体重往下走) P.S: 已买调理机学生,学费:\$30	<u>Healthy Desserts</u> Taiwan Wa Kueh H.K Mango Snow Ice Durian Snow Ice Delicious QQ Oat Cake (helps to lose weight, lower blood pressure) P.S: Students with purchase of Juice Blender, class fees: \$30
30 MAY Thur 2 pm \$95 ANNA	<u>潮州鱼头炉全套</u> 潮州式鱼生 火锅煮汤用料 特制辣椒酱	<u>Fish Head Steamboat Course</u> Teochew Raw Fish Salad Steamboat Soup Special Peanut Sauce

Enjoy \$5 discount for early booking. Call us at 6747 0069 or 6294 3588 now!